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ABSTRACT

In this book for students of all ages, the author introduces unusual recipe ideas for the prickly, odd, and pestiferous plants of the American southwestern desert. Students are involved in cooking activities designed to spark interest in ecology, trigger logical thinking, utilize math skills, and build sound environmental concepts. Care was taken to emphasize respect for the fragile desert habitat and to build an understanding of the need for laws protecting native plants, while challenging students with positive, practical uses for this natural resource. Topics covered include harvesting wild plants, preparing the fruits of various cactuses, cactus conservation, and cooking instructions for prickly pears, nopales, cattails, dandelions, and pickles. The book identifies the nutritional properties of the plants, growing seasons, and long season edible plants. Several poisonous southwestern plants are covered. Resources include sources of seeds, and books that cover identifying wild edible and poisonous desert plants, recipes for wild plants, and growing wild plants. Pages are teacher reproducible. (LZ)

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